

Orthopaedic Specialist of Texas

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Timothy Sitter, MD

Excision of Ganglion Cyst

Before Surgery

1. Do not eat or drink anything after midnight the night before surgery. Note: If you take medication on a daily basis, you may take your medication in the morning with a sip of water.
2. If you take a blood thinner of any kind including aspirin, plavix, coumadin, ibuprofen, Mobic, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex up until your surgery day.
3. Please arrive at the hospital at the specified time.
4. This is an outpatient surgery. Please have someone there to take you home after surgery.

After Surgery

1. You will be placed in a bulky bandage after surgery. Please keep bandages clean, dry, and intact. You may loosen Ace wrap if too tight or if fingers/toes are throbbing.
2. Keep your incision dry.
3. Elevate your hand/foot with pillows and place ice over incision for first week to decrease pain and swelling.
4. You may start taking all of your previous medications after surgery.
5. Do not lift or use affected arm for activities for at least one week. If cyst was removed from foot you may be placed in a post-op shoe that you will wear for 1 week.
6. You will return to the clinic 10 days after surgery to have your stitches removed and for a post-operative check up.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.